

THE CDAC DIFFERENCE

AUGUST 2019

VOL. 7 ISSUE 5

Message from Leashia

With the arrival of September comes **National Recovery Month**, a celebration of the 23 million people who are in recovery from addiction to drugs and alcohol. **Recovery Month** is an opportunity to increase understanding of these diseases.

Throughout **Recovery Month**, CDAC can celebrate the triumphs and achievements of the thousands of people we have supported in recovery and healthy lifestyles.

I have shared the Language Matters information before and thought its message is worth repeating.

Leashia

Language Matters

Language is powerful – especially when talking about addictions. Stigmatizing language perpetuates negative perceptions.

“Person first” language focuses on the person, not the disorder.

When Discussing Addictions...

SAY THIS NOT THAT

Person with a substance use disorder	Addict, junkie, druggie
Person living in recovery	Ex-addict
Person living with an addiction	Battling/suffering from an addiction
Person arrested for drug violation	Drug offender
Chooses not to at this point	Non-compliant/bombed out
Medication is a treatment tool	Medication is a crutch
Had a setback	Relapsed
Maintained recovery	Stayed clean
Positive drug screen	Dirty drug screen

JOIN THE VOICES FOR RECOVERY:
TOGETHER WE ARE STRONGER

recoverymonth.gov

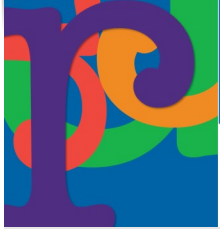


NATIONAL COUNCIL
FOR BEHAVIORAL HEALTH
STATE ASSOCIATIONS OF ADDICTION SERVICES
Stronger Together.

National Recovery Month, sponsored by the Substance Abuse and Mental Health Services Administration (SAMSHA), is a national observance held every September to educate Americans that substance use treatment and mental health services can enable those with mental and substance use disorders to live healthy and rewarding lives. **National Recovery Month** celebrates the millions of Americans who are in recovery reminding us that **treatment is effective and that people can and do recover.**

It also serves to help reduce the stigma and misconceptions that cloud public understanding of mental and substance use disorders, potentially discouraging others from seeking help. The 2019 **Recovery Month** theme, “**Join the Voices for Recovery: Together We Are Stronger,**” emphasizes the need to share resources and build networks across the country to support recovery. It reminds us that mental and substance use disorders affect us all, and that we are all part of the solution.

CDAC – Supporting Positive Lifestyles and Choices for Families and Communities through Prevention and Intervention



JOIN THE VOICES FOR RECOVERY:
TOGETHER WE ARE STRONGER

recoverymonth.gov



Who are Peer Providers ?

A peer provider (e.g., certified peer specialist, peer support specialist, recovery coach) is a person who uses his or her lived experience of recovery, plus skills learned in formal training, to deliver services in behavioral health settings to promote mind-body recovery and resiliency. (SAMSHA)

A **recovery-oriented system of care (ROSC)** was developed in Florida to ensure that an appropriate mix of substance use disorder services and recovery supports for youth, adults and families are available and accessible throughout the state. **Peer Recovery Support Specialists** are individuals whose life experiences and recovery allow them to provide recovery support in such way that others can benefit from their experiences. **Peer Specialists** provide non-clinical direct services in efforts to inspire hope for recovery. **Certified Peer Recovery Specialists** demonstrate the ability to provide effective services including advocacy, mentoring, education, and recovery support. **CDAC Behavioral Healthcare is a ROSC Champion for the NW Florida Region and a role model agency** for the effective integration of peers into a behavioral health setting. **We are honored to have two Certified Peers working with us serving the role of "Recovery Specialists" in the WFIS Program.**



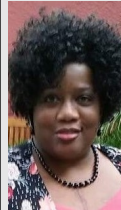
Judy Savage, WFIS Recovery Specialist

My name is Judy and I am an alcoholic. Never in my wildest imagination would I have ever thought I would be uttering these words, let alone be an alcoholic. I am five years sober now and living a life I could never have imagined. An intervention by my husband put me in a rehab

facility in South Florida on Dec 19, 2013. It was there I learned that I drank alcoholically since I picked up my first drink, at the age of 21. I learned very quickly that alcohol masked my feelings so I didn't have to feel. I suffered from social anxiety, and alcohol helped me to fit in. Alcohol helped me to forget my past trauma and abuse - sexual, physical and mental - that I suffered since early childhood. Alcohol drowned out the grief of losing my two best friends in a tragic accident, having to raise their two daughters, and never show them I was weak by showing my emotion. I was never allowed to feel or show emotion. Not in childhood or in my marriage of over 35 years! I was everyone you wanted me to be. I never shared my secrets with anyone, and they were slowly killing me along with the alcohol. I turned away from God out of guilt and shame. I was 58 years old and didn't know who I was! I thought the day I went into rehab was the worst day in my life. Actually it was the best thing that ever happened to me!

I had to learn to feel feelings and be honest with them. I had to learn to face and embrace the trauma and abuse. I found a therapist who was willing to work with me even when I was at my worst. She never gave up on me, even when I gave up on myself. This was my most difficult journey in sobriety. I ended my dysfunctional marriage and joined the church! Most importantly I found God again. On June 19, 2017, I was baptized again, and I turned my life over to God. Today I am living a God first life, sober, and in love with a wonderful man who is also in sobriety.

I share my story freely now and without reservation. I can't fix anyone. I can show them a better way. A way of truth, freedom from the past and addiction. I am no longer ashamed of who I am. I had to go where I went to get to where I am!



Carol Phillips, WFIS Recovery Specialist

Life has always had a real interesting way of showing up, and God continues to do miracles as He continues to put awesome people in my life daily.

When I became employed as a Recovery Specialist, just like when I got clean from Substance Abuse, I never imagined receiving so many gifts. I get a dose of gratitude every day, as I am reminded what it's like to lose hope and feel hopeless, with no one really understanding what you're going through inside, and what it's like to want freedom. When I first got clean, I did not understand anything about my disease of addiction; and all I knew was that I couldn't stop. And when I did stop I couldn't stay stopped. At the strong suggestion of the court system I started attending the meetings. I attended the 12-step meetings thinking to myself that I had a different strand of addiction - one that would require more than just a 12-step meeting and weekly WISE group attendance. But every time I would attend the meeting, someone would say to me "Keep Coming Back", and I did. The more meetings I attended the more I thought they were talking about me, but then I realized they were telling their stories, not mine. The more I heard the similarities, the more interested I became; and I began to think maybe there was hope for me, maybe I didn't have to keep going through the vicious cycle of the disease of addiction. I began to open up, I got a sponsor, and we began to work the steps.

One day while working the second part of step one, where it says *unmanageability*, I was urged to take time to look at how far I had gone, and how long I had been held captive - sometimes held against my will. I then realized that there has to be a better way to live. My sponsor told me that there was a better way. And, one day at a time, she began to share with me a new design for living.

When I realized it would have to take an addict who knows how to stay clean to show an addict who doesn't know how to stay clean, I began to have hope. It was then I realized that HOPE is the most powerful thing one addict can give another. And by the grace of God, I pray it continues to happen today. Everyday.

Supporting Healthy Lifestyles



Making a Difference

2018 / 2019

Agency Highlights

Fiscal year 2018/2019 ended on June 30 with lots of successes. Below are just a few.

- ◆ The Women and Family Intervention Services program integrated **ROSC (Recovery Oriented System of Care)** services.
- ◆ **Eight WFIS Case Managers** achieved certification as **Certified Behavioral Health Case Managers (CBHCM)**.
- ◆ The Santa Rosa RISE program was expanded to include **all Santa Rosa schools**, which added five schools and eight new staff.
- ◆ The Prevention Education and Awareness Program and Project Boost combined to form one program, **Community Prevention**.
- ◆ The Parenting Program served its **highest number of parents since its inception** in 2005 - **135 parents**.
- ◆ **HIV testing** was provided for clients and the community free of charge twice a month at the CDAC office.
- ◆ The Outreach Program and Community Prevention coordinated 3 successful **Community Discussion forums** with expert panelist discussing and answering questions on the Opioid crisis and its impact on families.
- ◆ The Outreach Program and Community Prevention conducted **eight Mental Health First Aid trainings** (5 adult; 3 youth).
- ◆ **Florida Senator Darrell Rouson visited CDAC** and met with staff from various programs and several WFIS clients. CDAC was one of eight providers throughout the State that he visited to become well-informed on the status of treatment services in Florida. He pledged his commitment to work diligently to secure additional funding for treatment and other needs such as housing and healthcare.
- ◆ The agency's three audits - financial audit (for FY 17/18), FADAA Evidence-Based Program audit, and the DCF audit - each reported no findings and full compliance.

Numbers Served

School Counselors served

1,394 high school students with **797 Group Sessions** and **1,941 Individual Contacts**

896 middle school students with **1,162 Group Sessions** and **2,837 Individual Contacts**

1,334 elementary students with **2,101 Group Sessions** and **4,237 Individual Contacts**

Case Managers served

1,187 adults with services; **509 clients successfully discharged**; and **22 Babies born drug free**

Community Prevention provided

105 Presentations / Speaking Engagements for **4,228** students, parents and community members

21 Health Fairs and other Displays for **5,821** community members

Project Boost served **189 youth**, ages 3 to 10.

77 youth, K-5th grade in the PATTS program

51 youth, 5-9 years in the summer enrichment program

61 youth, 3-4 years old, completed the Incredible Years Dinosaur Program

CDAC embraces the Six Pillars of Excellence concept - Quality, Service, People, Finance, Growth, and Community - to demonstrate our commitment in making CDAC the leader in behavioral healthcare in our area.



National Night Out is an annual community-building campaign that promotes police-community partnerships and neighborhood camaraderie to make our neighborhoods safer, more caring places to live.

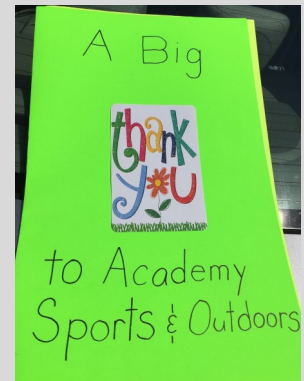
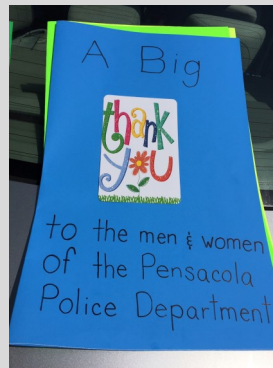
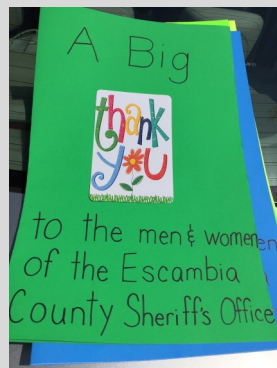
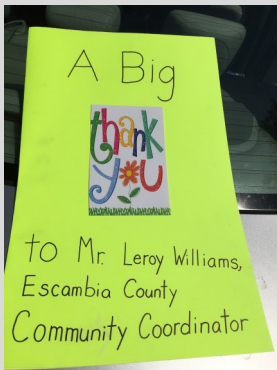
CDAC has been a part of our local **National Night Out** events for **over 20 years**. This year, there were two local events - one in Milton and one in Pensacola - on **Tuesday, August 6, 2019**. Over 2,000 families attended the two events with over 75 community vendors and 95 volunteers providing resource information and free gifts or services. Children and families received free school supplies, hot dogs, popcorn, cotton candy, and Kona Ice snow cones.



Special thanks to the many sponsors and vendors who helped make these two events a great success: Emmanuel Sheppard and Condon Law Firm, Target, Coastline Calvary Chapel Navarre, Tanner Williams Memorial Resource Center, Kona Ice, Bradford Health Services, Twelve Oaks, Seville Quarter, Milton Mayor Heather Lindsay, Milton Police Department, Milton Fire Department, Santa Rosa Emergency Operating Center, Santa Rosa Sheriff's Posse, Santa Rosa County Health Department, Home Depot, Milton High ROTC, UF/IFAS Santa Rosa County Extension Office, One Blood / Big Red Bus, RSVP Santa Rosa (event volunteers), Leroy Williams (sound system), Pensacola Mayor Grover Robinson, Escambia County Commissioner Lumon May, Pensacola City Councilman P.C. Wu, Pensacola City Councilwoman Jewel Cannada-Wynn, Pensacola Police Department, Pensacola Fire Department, Pensacola EMS, Escambia County Sheriff's Office, AIDS Health Foundation, Sacred Heart, Academy Sports, Klaas Kids, Escambia County Search & Rescue, and U.S. Coast Guard.

ACADEMY SPORTS PARTNERSHIP

Academy Sports partnered with CDAC and Ebonwood Community Center on August 1, 2019, by donating \$150 to 25 Ebonwood families. BOOST staff along with Leroy Williams worked diligently to identify the families. Fifteen (15) of the families had participated in Boost's PATTS and/or Incredible Years program. Ebonwood Community Center also received \$1,500 worth of items from the store. Representatives from the Escambia County Sheriff's office, the Pensacola Police Department and the Oakcrest Elementary School Resource Officers were there to shop with the families. This experience helps the children and families be involved with law enforcement in a positive way. It was a great evening for all who were involved, and the children from each family made huge thank you cards for Leroy Williams, Academy Sports, Escambia County Sheriff's office and the Pensacola Police Department.



BOOST Summer Program 2019

The BOOST staff were busy making it happen this summer at Ebonwood Community Center. Partnering with Leroy Williams and Oakcrest Elementary school, Dorothy Lewis, Kim Brown, and Ardetta McDougal were able to touch the lives of 60 children, 5 to 8 years old, during the community center summer program. The BOOST staff utilized the PATTS curriculum to promote positive emotional and social behavior. The children's enthusiasm was high, and they enjoyed the challenging question of, *what if....?* This helped the children learn how to problem solve in a safe, enriching environment. The students learned good listening habits, how to be responsible for their environment by cleaning up every day, and patience, by raising hands before speaking. The children also shared and learned about gratitude. The children experienced a baseball mini-camp provided by the Blue Wahoo's, tennis provided by the Tennis Club, 5-2-1-0 education, two karate shows, Feed the Gulf Coast Fun Day, Sheriff's Department weekly interaction, a magic show and other special activities provided by the public library. The BOOST staff continually provides encouragement to all the children and families they serve.

Sue's story . . .

25 years...so hard to believe!
CDAC - what a great place to work!

In 1991, I applied for a position through the Avalon Center to work in a school-based prevention program at S.S. Dixon Elementary School (this was the first school-based prevention program in Santa Rosa County). CDAC had a few similar programs in Escambia County, and in 1994 the contract was transferred to CDAC.

I continued to work for CDAC in the same position. In 1996, I assumed the position of Lead Manager for the school programs. In this role, I still provided direct services to students at Dixon Intermediate School (the new school was built in 1994), as working with youth was such a rewarding experience.

In 2004, I was promoted to the Director position and reduced my caseload, but still held on to conducting group sessions. With the expansion of programs, and accepting the supervisory role for all schools, 2013 was the year that I stopped working with students. I do miss it, but working with such a great staff and expanding our services and programs has been just as rewarding. It's hard to believe that we are now in every single school in Santa Rosa County and 12 schools in Escambia County.

I have had such a rewarding career; CDAC is a wonderful organization that does so much for our community. With the guidance and support of our exceptional CEO, an incredibly talented group of counselors and co-workers, I am proud to be a part of the CDAC family!

Sue Nast began working with CDAC July 1, 1994.

Leashia's start date was August 22, 1994.

Celebrating 25 Years at CDAC



Leashia's story . . .

When I joined the CDAC team I was 35 and my daughter was 10. Now I am considered by some to be a senior citizen and my daughter is 35. It is said that "time flies when you are having fun" and that is certainly true for my 25 years with CDAC.

I had always wanted to work in a women's program and being hired as the Director of WISE in 1994 was a dream job for me. I had no idea that it would be the beginning of such a fulfilling career and opportunity to work with so many wonderful people. WISE was housed in a big blue house on Baylen Street, then the Levin Building downtown, and lastly in our big brown house on Cervantes. I have many

memories of the great work and fun times we had in those sites. We were a close group and when I moved into the CEO position, I found a way to bring the gang with me to 9th Avenue.

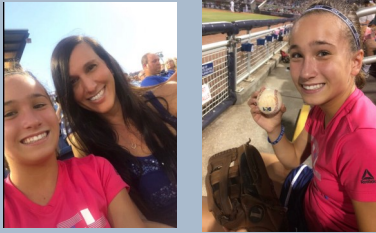
After 15 years with WISE, I was given the opportunity to lead CDAC when Dr. Gail Honea retired. Gail was a wonderful boss and mentor to me and I knew her shoes would be hard to fill. With the support from our great Board, I feel the shoes fit because I now make decisions without first thinking, "What would Gail do?".

Often when you move into a higher position in an organization you become removed from people, but I feel my experience has been the opposite. The WISE gang is still here and I also have the School, Community Prevention, Outreach, and Admin folks to enrich my life and keep the job exciting. We all work together to "make a difference" and we do it well. This is a very unique place where we care about each other in good and difficult times and we focus on the strengths of our clients and one another. We also never pass up an opportunity for a good laugh. I am always proud to say that I am from CDAC.

My husband recently retired and people ask me when I am going to do the same. My answer is that I love my job, and I cannot imagine my life without CDAC. Here's to the next 25??? Probably not, that would really make me old.

Summer Fun

Jennifer Crouse and daughter, Katie, enjoying a Wahoo's Game.



Katelyn Odom and her mom whitewater rafting in North Carolina; Baby Mack Odom's first horse ride (in Texas); Mack's cousin time; and Mack's fun beach day.



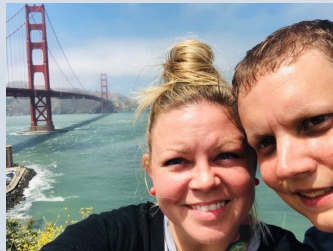
Leashia and Michael hiking in Asheville, NC



Kendra Bozard's summer fun was the arrival of daughter # 2-Victoria Ann. Big sister, Abigail, loves her baby sister!



Sue Nast and tennis partner, Ethan, competing at the USTA Sectional Championship at the National Tennis Center in Lake Nona, FL.



Kathleen Guy's summer fun included a trip to San Francisco, Coney Island, and Philadelphia with her boyfriend and son, Jackson. (1.) Kathleen in front of the "Full House" in San Francisco; (2) at Golden Gate Bridge; (3) at Nathan's Hot Dogs in Coney Island; (4) Jackson on top of the court house steps ("Rocky" movie) with Philadelphia in the background.



Kim Crow and her family traveled to Scotland and hiked near the Glenfinnan Viaduct (aka the Harry Potter bridge)

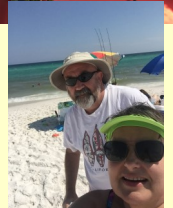
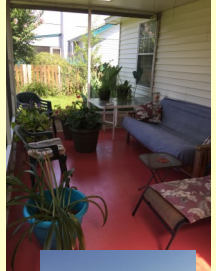


More Summer Fun

Leann Knapp's summer fun included a visit with her friend in New Mexico where she visited Carlsbad Caverns, San Dia Peak, and hiked the Rio Grande Gorge. Then to New York state where she visited family and friends and enjoyed waterfalls in Stonybrook Park. And, last but not least, enjoyed the beach at home and painted her porch floor.



Samantha Koehler visiting family and enjoying the beach.



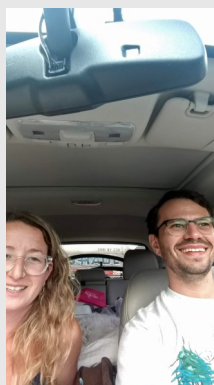
Michelle Kistler and son, Chris, enjoyed lots of summer fun at Universal Studios, Bamahenge in Elberta, Alabama, the battleship USS Alabama, and the Premier Adventure Park at Pensacola Beach.



Zach Benn, CDAC's Data Analyst, traveled to Lake Placid, New York, to move girlfriend, Hannah to Pensacola—stopping along the way to visit family in Alton, New Hampshire and Haverhill, Maine. Quite a road trip!



Hannah in Lake Placid, NY



Snapshot from the car - Penny, the shih tzu, is the little white fuzzy thing between their shoulders in the back.



Unloading the trailer in Pensacola - just a little road weary.



September Anniversary

Denise Manassa	Sept 13, 2004	15 years
Patti Beebe	Sept 07, 2016	3 years



September Birthday

Becky Daniels	Sept 01
Andrea Flynn	Sept 05
Kara Price-Williams	Sept 10
Stephanie Kane	Sept 18
Thomas Chen	Sept 23
Linda Gordon	Sept 27
Dawn Nicholson	Sept 28
Deborah Foster	Sept 30
Renee King	Sept 30



*We are Very Happy to **Welcome**
Eleven New School Staff to our CDAC Family*

Jillian Brown Bradsell, RISE PPG, Bailey Middle
Shawn Caldwell, RISE PPG, Warrington Middle
Kirsten Castinado, RISE Santa Rosa, Woodlawn Beach Middle
Nate Dickens, ECHO, S.A.I.L. program
Christina Ferguson, RISE Santa Rosa, Hobbs Middle
Katie Gossman, RISE Santa Rosa, Bennett Russell Elementary
Erica Mack, RISE PPG, Workman Middle School
Mallory Nunez, RISE Santa Rosa, King Middle
Grace Pardieck, ECHO, Gulf Breeze High School
Amber Poma, RISE PPG, Beulah Middle School
Jessica Posey, RISE Santa Rosa, Avalon Middle

Emotional Wellness Checklist . . . REDUCE STRESS

Emotional wellness is the ability to successfully handle life's stresses and adapt to change and difficult times. Here are tips for improving your emotional health:

REDUCE STRESS

Everyone feels stressed from time to time. Stress can give you a rush of energy when it's needed most. But if stress lasts a long time - a condition known as chronic stress - those "high alert" changes become harmful rather than helpful. Learning healthy ways to cope with stress can also boost your resilience.

TO HELP MANAGE STRESS:

- **Get enough sleep.**
- **Exercise regularly.** Just 30 minutes a day of walking can boost mood and reduce stress.
- **Build a social support network.**
- **Set priorities.** Decide what must get done and what can wait. Say no to new tasks if they are putting you into overload.
- **Think positive.** Note what you've accomplished at the end of the day, not what you've failed to do.
- **Try relaxation methods.** Mindfulness, meditation, yoga, or tai chi may help.



CDAC Supporting Healthy Lifestyles

CDAC's Walking Club

is starting a new route



After a summer break, and the start of a new fiscal year, the Walking Club will begin a new route beginning September 1. Our "walk" this year will take us to various cities famous for music. The route will include:

New Orleans, birthplace of *Jazz*

Memphis, home of the *Blues*, a key center for *gospel and soul*, and the birthplace of *Rock 'n Roll*

Nashville, "Music City" home of *Country and Western*, and the *Grand Ole Opry*

Chicago, known for *Blues*

Detroit, home of *Motown*

With a goal of 10,000 steps a day (5 miles), Detroit can be reached in 313 days - which will go into July, 2020. But, walk your own pace. This isn't a race; it's a wellness program. There are many benefits to walking. So, set your goal, get your walking shoes on and start "walking to the music."

	Miles	Total Miles	Steps	Total Steps
Pensacola to New Orleans	203		406,000	
New Orleans to Memphis	395	598	790,000	1,196,000
Memphis to Nashville	209	807	418,000	1,614,000
Nashville to Chicago	473	1,280	946,000	2,560,000
Chicago to Detroit	284	1,564	568,000	3,128,000

To join, start keeping track of your daily steps on September 1. Then, the first week of each month, send Becky your steps for the month.

**Having fun and
Supporting Healthy Lifestyles**



Just a few Benefits of Walking

- ◆ Improves Circulation
- ◆ Leads to a longer life
- ◆ Can lead to weight loss
- ◆ Improves sleep
- ◆ Improves balance and coordination
- ◆ Can reduce allergy symptoms
- ◆ Can stop the loss of bone mass
- ◆ Lightens mood
- ◆ Strengthens muscles
- ◆ Helps you do more longer
- ◆ Gets creative juices flowing



September Health Observances

Month-Long Observances

- **National Recovery Month**, Substance Abuse and Mental Health Services Administration (SAMSHA), www.recoverymonth.gov/
- **Baby Safety Awareness Month**, Juvenile Product Manufacturers Association, www.jpma.org
- **National Childhood Obesity Awareness Month**, President's Council on Fitness, Sports & Nutrition, www.hhs.gov/fitness
- **Healthy Aging™ Month**, Healthy Aging Campaign, www.healthyaging.net
- **National Preparedness Month**, U.S. Dept of Homeland Security and Red Cross, www.ready.gov



One-Week Observances

- **National Childhood Injury Prevention Week**, Sept. 1-7, The American Academy of Pediatrics, www.healthychildren.org
- **Suicide Prevention Week**, Sept. 8-14, American Association of Suicidology, www.suicidology.org

One-Day Observances

- **National Day of Service and Remembrance**, Sept. 11, 911day.org
- **Backpack Awareness Day**, Sept. 18, The American Occupational Therapy Assoc., www.aota.org
- **International Day of Peace**, Sept. 21, United Nations, www.un.org/en/events/peaceday/
- **National Women's Health and Fitness Day**, Sept. 25, Health Information Resource Center, www.fitnessday.com/women
- **Family Health and Fitness Day USA**, Sept. 28, Health Information Resource Center, www.fitnessday.com/family

BOOST YOUR MENTAL HEALTH

Good mental health is just as important as good physical health. Whatever happens in your life, make your mental health a priority. You'll feel better and deal with stress better.

Do something with friends and family. Go for a walk. Enjoy some sunshine.

Take time to laugh - hang out with a funny friend or watch a comedy.

Give yourself time to adjust to major life changes.

Volunteer, take a class, learn a new language. Spend time with a furry friend.

Get enough sleep (Some say that the optimal temperature for sleep is between 60° and 67° F.)

Get off the grid. Leave your phone at home for a day and disconnect from constant emails and other interruptions.

Put good mental health on top of your "to do" list every day.



Pensacola Happenings

Bands on the Beach, every Tuesday, 7-9 p.m., Gulfside Pavilion at Casino Beach

- Aug 27 - Class X • Sep 3 - She and the Its • Sep 10 - Chloe Channell
- Sep 17 - Twang Gang • Sep 24 - Mass Kurfuzion



Tuesday Jazz Jam, every Tuesday thru November 26, 6:30-9:30 p.m.

Seville Quarter, Lili Marlene's room, 130 E. Government Street

Saturday Swing-Outs, every Saturday, Aug 3 - June 6, 8 p.m.-1 a.m., \$5; Breathe Yoga Studio, 505 S. Adams Street; Swing dancing for ages 18+

Pensacola's Rec Plex North Park Run/Walk, every Saturday thru Sep 28, 7:30-9:00 a.m., UWF Rec Plex North Field

Palafox Market, every Saturday, Martin Luther King Plaza, 9 a.m. - 2 p.m.

Blue Angels Practice, Naval Aviation Museum viewing area, 11:30 a.m.

- Aug 20 • Sep 4 • Sep 10-13 • Sep 17



Wahoos home games, Aug 23-27 (vs Jackson Generals)



Movies in the Park, Community Maritime Park, 7:50 p.m., FREE; Sep 20 - *A Dog's Way Home*, PG

Classic Movies at the Saengar, 7:00 p.m., \$6; Aug 31 - *Creature from the Black Lagoon*; Sep 7 - *Arsenic and Old Lace*; Sep 14 - *Citizen Kane*; Sep 21 - *Star Wars*

Auto Racing - 5 Flags Speedway, Races start at 8:00 p.m.

Sep 14 - Pro Trucks, Outlaws, Sportsmen, and Pure Stocks, Tickets \$15

Sep 21 - Blizzard 150, Pro Late Model, Tickets, \$20



Sep 7 - Radio Live, Museum of Commerce, Doors open at 5 p.m.; Show starts at 6 p.m.,

Tickets \$10; Performers: The Krickets, Ben De la Cour, Roy Schneider & Kim Mayfield

August 31 - September 1 - 2019 4th Annual Gulf Coast Summer Fest - Jazz Edition, Pensacola Community Maritime Park, Tickets sold through Ticketmaster; One-Day Pass, \$75; Two-Day Pass, \$130

Healthy Escambia Day of Play, Sep 14, Community Maritime Park

Gallery Night in Downtown Pensacola, (third Friday evening of each month) Sep 20

2019 Vettes at the Beach, Casino Beach Parking Lot, Sep 27-28, 8 a.m. - 3:30 p.m.

40th Annual Pensacola Seafood Festival, Sep 27-29, Seville Square

St. Rose of Lima Catholic Church Fall Festival, Sep 27-29; 6451 Park Avenue, Milton; Fri 4-9; Sat 11-9; Sun 11-4